



## Resurfacing Laser Treatment Instructions

Treatment Received:  TotalFx/CO2  Halo  Fraxel  NanoPeel  MicroPeel  ProFractional

### Pre-Treatment Instructions:

- **Sun Exposure:**
  - Do not overexpose your skin to the sun (including tanning) at least 2 weeks prior to the treatment. We reserve the right to cancel treatment if you are too tan.
- **1 Week Prior to Procedure**
  - Stop taking any Aspirin, Motrin, Ibuprofen, or Advil as this can cause more bleeding and bruising. Tylenol is okay to use.
  - Fill your prescriptions.
- **2 Days Prior to Procedure**
  - Begin taking Valtrex 500 mg twice daily with food and continue for 4 days post treatment for a total of 6 days. This prevents cold sores (even if you don't have a history of cold sores).
  - DO NOT START PREDNISONE PRIOR TO YOUR APPOINTMENT.
- **1 Day Prior to Procedure**
  - Start Azithromycin or Doxycycline 1 day before the procedure.
  - Eat some fresh pineapple (This helps decrease bruising and excess inflammation)

**Post-care products will be given to you the day of the treatment. You do not need to purchase any post-care.**

### Things You May Need to Purchase:

- Hat to protect areas from sun exposure
- Fragrance-free detergents (do not use fabric softener)
- Fresh pineapple
- Medications
  - Valtrex: For cold sore prevention
  - Zithromax or Doxycycline: For bacterial infection prevention
  - (At Provider Discretion) Prednisone Taper: This can be taken after treatment for swelling but is not needed

### Day of Procedure

- Eat a meal!
- Shower and wash your face with an antibacterial soap and wash your hair
- Wear an old button-down shirt or something you can remove without pulling off over your head
- For Men: MUST shave areas to be treated the morning of procedure
- If you have decided to take either a pain pill or Valium before the procedure, you can take these when you get to the office for your numbing appointment prior to the procedure
- Do not consume alcohol the day of the procedure as this will increase inflammation and discomfort.

**If you take Valium or pain medicine, you must have a driver for pick-up. They are welcome to come and watch the procedure. (Please provide us with a contact number for your driver).**



### **During the Procedure**

- Topical numbing will be applied
- Your eyes may be covered with protective shields or goggles during the treatment.
- Most people will feel some heat-related discomfort (pain) associated with the treatment.
- This discomfort is usually temporary during the procedure and localized within the treatment area.
- We do offer Pro-Nox to help you feel more comfortable during the procedure.

### **Immediately After the Procedure**

- We will apply aftercare to promote healing before you leave the office and you will receive your post-care products.
- The areas we treated will feel hot like a sunburn and can last for the first 2-6 hours. Tips to soothe this sensation:
  - Thermal spring water (from your post-care kit): spray as much as you want to help cool the skin
  - Apply cool packs or blow cold air (you can direct the air-conditioning towards the treated area to increase cooling once you get in your car).

### **Post-Treatment Care Instructions**

- **General Guidelines:**
  - A flare-up of acne or formations of milia (tiny white bumps on the skin) may occur within 1-3 weeks post-treatment. These symptoms are not unusual and resolve on their own.
  - If you had Halo or a Fraxel, you will notice tiny dark spots and a tanned appearance to the skin. This is microscopic epidermal necrotic debris and contains large amounts of melanin. It will feel like sandpaper - you cannot scrub this off. Do not scratch these areas off as they will flake on their own in 5-7 days but can take up to 10 days for darker complexions.
  - **Sun protection & sun avoidance is extremely important!**
- **Things to Avoid Post-Treatment:**
  - Physical activities or exercise that will make you sweat, 2-3 days post-treatment.
  - Smoking: This will prolong your healing time.
  - Picking or scratching the treated area. The skin will shed on its own with gentle cleansing.
  - Sun Exposure: Avoid direct sunlight. Wear a hat and sunscreen while outdoors for the first 2 weeks after your procedure to prevent hyperpigmentation of the treated skin.
  - Harsh products or topical exfoliation (AHA, Glycolic Acid, Salicylic Acid or Retinol/Tretinoin) for 4 weeks. The surface of your skin is brand new and needs to normalize before you use any of these products. Think of it like "baby skin."

### **LET US KNOW IF YOU EXPERIENCE EITHER OF THE FOLLOWING:**

- **PAIN AFTER THE FIRST DAY:** Your skin should not be painful to touch after the first few hours. Tenderness may be normal but it should not hurt to touch your face. This may be a sign of infection so let us know right away.
- **EXTREME ITCHING:** Some itching as you heal is normal but if you feel extreme itching this could be a sign you are having an allergic reaction to one of the products.
- **Contact the office at (513) 984-4800 or Dr. Mona at (513) 885-0555 if either of these occur, or if you have any post care concerns.**



- **First 2-4 Hours & Day of Treatment:**
  - Go home and rest
  - You can now take Ibuprofen or Tylenol if necessary
  - Only use the skin care provided in your post-care kit while you are healing
  - Continue to apply cold compresses, but avoid direct application of ice to the skin
  - Once the intense heat subsides (usually 2-3 hours), you may apply your heavy moisturizer. We will go over this with you before you leave.
  - Sleep with your head elevated on pillows to minimize swelling the first few days. You may want to place a towel over your pillow to protect it from the ointment.
- **Days 1-3 (First Day After Treatment)**
  - You may shower today, but avoid hot water and fragranced products.
  - Gently wash the treated area with lukewarm water and the cleanser in your post-care.
  - Follow your post care as directed by your provider.
  - Apply ointment as often as needed if your skin feels dry or tight.
  - YOU DO NOT WANT YOUR SKIN TO GET TOO DRY AS THIS CAN INCREASE RISK OF INFECTION
  - Expect skin to feel like sandpaper, and be flaky. You may also start to get swollen and a bit red like a wind burn.
  - You may notice pepper like flakes where pigment has been treated.
  - As early as Day 3, the central or lateral part of your face or treated area may start to exfoliate leaving behind soft pink skin
  - You may begin to itch as everything heals. OTC Hydrocortisone 1% may help with the itching.
  - Although mild itching is normal, SEVERE ITCHING MAY BE A SIGN OF AN ALLERGIC REACTION TO THE PRODUCTS- PLEASE LET US KNOW
  - Oral Benadryl, Claritin or Zyrtec can also help with the itching
  - Continue to wash with approved cleanser and follow skin care routine given
- **Days 4-7**
  - As you continue to heal you may find that you do not need as much of the heavier greasy ointment and can switch to the lighter moisturizer in your post care kit: Avene Tolerance Control Cream or Alastin Ultra Light moisturizer (depending on which kit you received)
  - Avoid excess sun exposure for up to 4 weeks. Wear a hat or protective clothing
  - You can wear mineral make-up because mineral makeup is not active and has less risk of causing an allergic reaction. Common brands are Glow minerals, Jane iredale, Bare Minerals, etc.
- **Days 7+**
  - Continue washing with the cleanser from your kit and follow skin care instructions

## Provider + Patient Checklist

### Review & Discuss:

- Pre-care and post-care instructions
- What the healing process will look like
- Discuss Pro-Nox (*Optional, Used At Time of Procedure*)

### Medications:

- Valetrex
- Antibiotic
- Prednisone (*Optional*)
- Valium/Percocet (*If Applicable*)